CRUDITÉS WITH GARDEN DIP

Dip
- 1 large garlic clove, minced
- 1 teaspoon salt
- 1 cup plain low-fat yogurt
- ½ cup finely shredded iceberg lettuce
- ¼ cup finely chopped, pared and seeded cucumber
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh mint leaves or ½ tsp. dried
- ¼ teaspoon white pepper

Crudités
- 2 cups cauliflower flowerettes
- 2 medium carrots, cut into sticks
- 1½ cups radishes, cut into roses
- 1 medium green pepper, cut into strips

Dip. In a small bowl combine garlic and salt to make a paste. Stir in 1 tablespoon yogurt until well mixed, then stir in remaining yogurt. Add remaining ingredients, stir to combine. Cover and chill at least 3 hours or overnight. Makes 1½ cups.

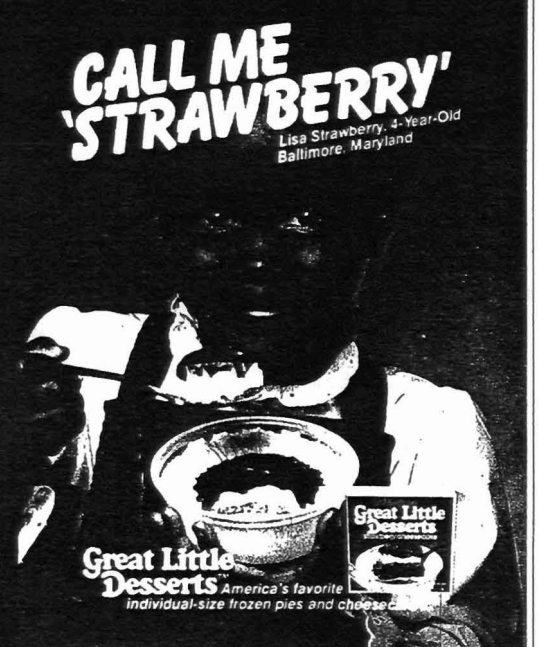
Serve with crudités arranged on a serving platter. 65 calories each serving.

EGGPLANT CAVIAR IN CHERRY TOMATOES

- 1 small eggplant (about 12 oz.)
- ¼ cup finely diced celery
- ¼ cup finely diced carrot
- 1 tablespoon plain low-fat yogurt
- 1 teaspoon lemon juice
- ¼ teaspoon marjoram
- ⅛ teaspoon minced garlic clove
- 24 medium cherry tomatoes
- 24 capers

Preheat oven to 425°F. Pierce eggplant all over with the tines of a fork. Place on rack in a baking pan. Bake for 1 hour, or until very tender and skin is shriveled. Remove from oven, cool slightly. Cut open and measure ½ cup eggplant pulp. (Reserve remaining eggplant for another use.) Place in small bowl, mash with fork. Add celery, carrot, yogurt, lemon juice, marjoram and garlic, and stir to combine. Cover and chill at least 3 hours.

Cut off a thin slice from stem end of each cherry tomato. Spoon out and discard seeds and pulp, leaving a firm shell. Invert tomatoes onto paper towels to drain. Spoon about ½ teaspoons eggplant caviar into each cherry tomato. Garnish with a caper. Cover and chill until ready to serve. Makes 6 servings (4 stuffed tomatoes), about 15 calories each.



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CROWN ROAST OF LAMB

- 18 rib lamb crown roast (about 5 lbs.)
- ½ cup Dijon mustard
- 1 tablespoon soy sauce
- 1 teaspoon rosemary
- 1 teaspoon ground thyme
- 1 large garlic clove, pressed
- ½ teaspoon ground ginger
- Cherry tomatoes
- Watercress leaves to garnish

In a bowl combine mustard, soy sauce, rosemary, thyme, garlic and ginger. Rub roast all over with mustard mixture. Cover and refrigerate about 2 hours. Remove roast and let stand about 1 hour or until meat is at room temperature.

Preheat oven to 325°F. Place roast, rib ends up, on a rack in a shallow roasting pan. Crumple aluminum foil into a ball and place into center of roast to help it retain shape while roasting. Cover rib ends with foil to prevent charring. If a meat thermometer is used, insert between 2 ribs, being careful not to touch bone. Roast for 25 to 35 minutes per pound, or until thermometer registers 150°F. for rare, 160°F. to 170°F. for medium or 175°F. to 180°F. for well done. Transfer roast to a heated serving platter with foil ball still in place. Spoon Carrot and Zucchini Julienne (see page 124) into center of roast on top of foil. Remove foil from rib ends. With the point of a paring knife, pierce each cherry tomato about ¾ of the way through the stem end. Push each tomato onto a rib. Surround roast with Potatoes Bonne Femme (see below). 655 calories each serving.

POTATOES BONNE FEMME

- 2 pounds potatoes
- 1 tablespoon margarine
- 1 tablespoon chopped fresh parsley
- Paprika, salt and white pepper to taste
- Dash nutmeg

Peel potatoes. With a melon baller, make 1 pound, 2 ounces of potato balls. (Cook and mash remaining potatoes; freeze in 3-ounce portions.) Place potatoes in a large saucepan with boiling salted water to cover (½ teaspoon salt for each quart of water). Cover and cook about 20 to 25 minutes, or *(continued)*

Gala for Six

continued from page 118

DINNER PARTY FOR SIX
Pictured on page 118

COCKTAILS
LIME SPRITZERS | BLOODY SHAMES
HORS D'OEUVRES
CRUDITÉS WITH GARDEN DIP
EGGPLANT CAVIAR IN CHERRY TOMATOES
DEVILED BRUSSELS SPROUTS
CARAWAY-MUSHROOM SOUP
MAIN COURSE
CROWN ROAST OF LAMB
POTATOES BONNE FEMME
CARROT AND ZUCCHINI JULIENNE
TOSSED SALAD WITH VINAIGRETTE DRESSING AND CROUTONS
DESSERT
TROPICAL MEDLEY OF FRUIT
BRANDYLIKE ALEXANDERS

LIME SPRITZER

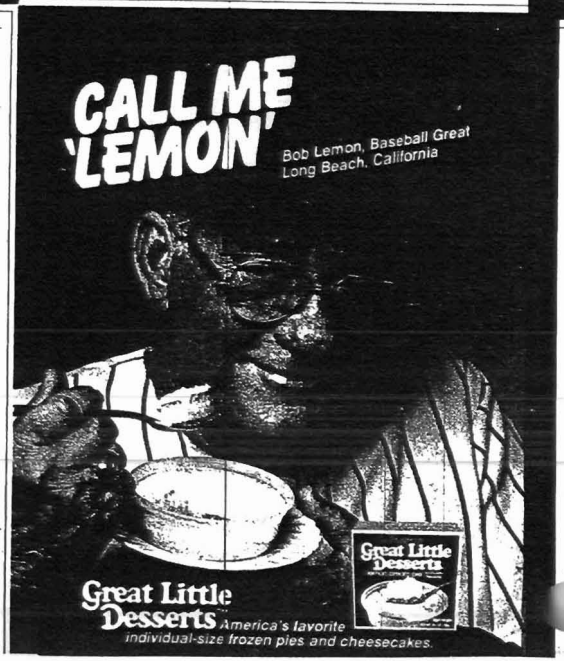
- ¾ cup sparkling mineral water
- Ice cubes
- 1 lime wedge

Pour mineral water over ice cubes in large stemmed glass. Squeeze lime wedge over mineral water and drop in glass. Stir and serve. Makes 1 serving, 0 calories.

BLOODY SHAME

- ¾ cup tomato juice
- Dash Worcestershire sauce
- Dash pepper
- Dash bottled hot pepper sauce, or to taste

Combine all ingredients in measuring cup; stir and pour over ice cubes in large ste[illegible] glass. Makes 1 serving, about 35 calories.



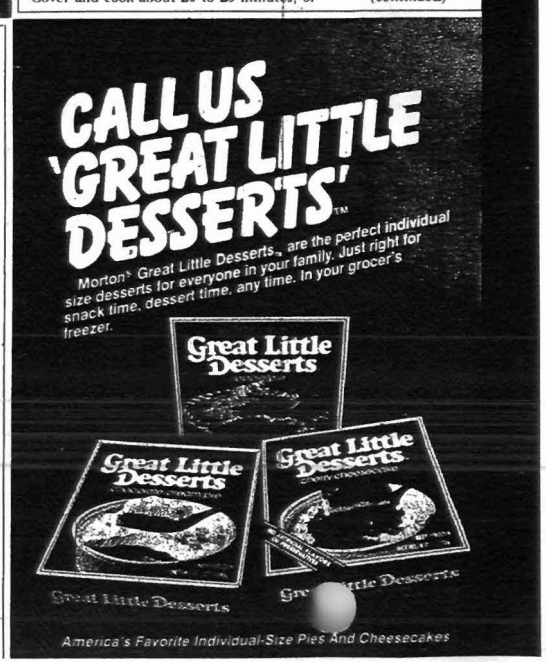
In medium saucepan combine all ingredients and simmer for 2 to 3 minutes, or until well heated. Transfer to chafing dish and serve with cocktail picks. Serves 6, about 20 calories each.

DEVILED BRUSSELS SPROUTS

- 1 package (10 oz.) fresh or frozen Brussels sprouts, cooked
- 1 tablespoon prepared mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- ½ teaspoon salt
- Dash pepper

In medium saucepan combine all ingredients and simmer for 2 to 3 minutes, or until well heated. Transfer to chafing dish and serve with cocktail picks. Serves 6, about 20 calories each.

CARAWAY-MUSHROOM SOUP

- 4½ cups mushrooms (about 1 lb.)
- 5 cups water, divided
- 1½ tablespoons lemon juice
- Dash salt
- 3 ounces finely chopped onion
- ¼ cup finely chopped white turnip
- ¼ cup finely chopped carrot
- ¼ cup finely chopped celery
- 1 teaspoon caraway seed
- 1 teaspoon marjoram
- 1 large bay leaf
- Salt to taste

Wipe mushrooms with a damp cloth and dry thoroughly. If stem ends are discolored, trim a thin slice from the bottom. Slice mushrooms. In a large saucepan heat 4 cups water to boiling. Add mushrooms, lemon juice and a dash salt. Cover; return to boiling. Lower heat and simmer about 10 minutes. Strain and reserve liquid. In a medium saucepan combine onion, turnip, carrot and celery. Cook, stirring frequently, until vegetables are tender. Add reserved mushroom liquid, remaining 1 cup water, caraway seed, marjoram and bay leaf. Bring to a boil. Reduce heat, cover and simmer about 20 minutes. Add salt to taste. Line strainer with cheesecloth; strain soup to remove solids. (If desired, vegetables may be reserved for another use.) Makes 6 servings, about 15 calories each.